

Keynote Speaker  
Dr. Carolyn Albanese  
Catholic Speaker

Mental Health, Stigma & Resilience: Culture, Catholicity, Covid and the Complexities of This Thing Called Life.



*With over 25 years of experience in the education sector, Carolyn Albanese has been fortunate to work in various secondary school settings as head of department in Modern Languages as well as Guidance and as a school administrator, supporting students and their families through her work building inclusive and equitable spaces and pathways with anti-oppression and trauma-informed thinking in mind. Carolyn is a passionate mental health and well being advocate, supporting various projects and activities that aim to destigmatize mental health, understand trauma, and foster well being. She is currently an Education Officer at the Ministry of Education where she is, among her roles, supporting the work of mental health among teacher candidates as well as decentering Whiteness and examining bias and oppression among colleagues. She holds a PhD from OISE at the University of Toronto in Leadership and Higher Adult Education, focusing her research on equitable and inclusive education and improving outcomes and conditions for marginalized students and families through policy. In her spare time Carolyn mentors women who have fled domestic abuse, as well as women who are pursuing graduate studies. She enjoys snowshoeing and playing the piano and drums.*

